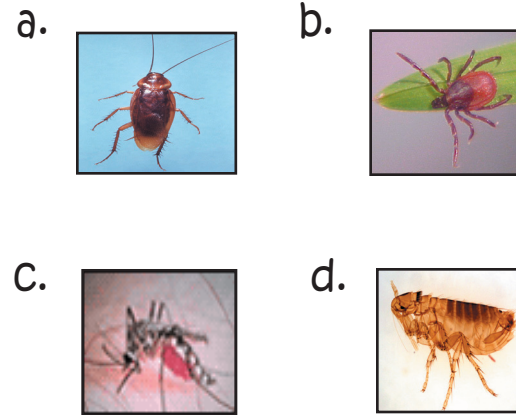


heck your tick facts-a quiz:

1. Ticks are found naturally:
 - a) on the Golden Gate Bridge.
 - b) on grasses alongside trails.
 - c) in the sandbox.
 - d) on dirt.
2. You want to remove a tick from yourself or your pets because:
 - a) ticks are ugly.
 - b) you don't want them to have a free ride.
 - c) your friends will be jealous if you have one and they don't.
 - d) ticks can bite and may give you germs that can make you or your pets sick.

3. How do you keep ticks from biting you?
 - a) wear long pants and tuck pants into your socks or boots.
 - b) avoid brushing against tall grass, leaves, logs, or shrubs.
 - c) check for ticks on yourself, pets, and people with you when you leave the forest or grassy areas.
 - d) all of the above.
4. If you find a tick attached to your skin, you should:
 - a) squash it like a bug.
 - b) grasp it with tweezers and yank it off.
 - c) grasp it with tweezers as close to the skin as possible and slowly pull it off in a steady, upward motion.
 - d) wash it off.

5. Circle the picture of a tick.



Answers:

1. b 2. d 3. d 4. c 5. b
(a. is a roach; c. is a mosquito; d is a flea)

Arnold Schwarzenegger, Governor
State of California

Kimberly Belshé, Secretary
Health and Human Services Agency

Sandra Shewry, Director
California Department of Health Services
August 2006



Don't Let the Ticks Bite



State of California
Department of Health Services
Vector-Borne Disease Section
P.O.Box 997413
1616 Capitol Avenue, MS 7307
Sacramento, CA 95899-7413
(916) 552-9730

Ticks are found in the forest or in wild, grassy areas, especially alongside trails.



Ticks wait at the end of a piece of grass or on logs until an animal or person brushes against them.

After ticks get on an animal or a person they look for a good hiding place and so it is hard to see them. Ticks bite and suck blood.

Some ticks give germs to people and pets that can make them sick.

Protect yourself from ticks!

When you hike, camp or play where ticks are found:

1. Wear bug spray.



2. Wear light colored clothes because it is easier to see ticks on them.

3. Wear long pants and a long-sleeved shirt.

4. Tuck your pants into your socks or boots and tuck in your shirt.

5. Stay on trails.

Ticks are small.



Actual Size of Ticks

Check for ticks!

After you go for a hike, or every day if there are ticks where you play:



- Check everyone in your family for ticks.
- Look hard to find them because ticks are very tiny.
- Ask an adult or another person to help you do a tick check.
- Check your pets very carefully.



If you find a tick stuck to your body:

Remove it quickly and properly. A grown-up can help you get the tick out of your skin with tweezers.

How to remove a tick:

1. Grab the tick close to your skin with the tweezers or a tissue and pull straight out.



2. Wash where the tick bit you.

3. Wash your hands.

4. If you get sick after a tick bite you should go to the doctor.